



MARCH
2016

Safety Newsletter

POISON PERIL

**Poisonings are more
common – and more
deadly – than you realize**

**POISON
Help**
1-800-222-1222

The following tips can help you protect yourself and your loved ones from poisonings:

General Safety Tips

- Use National Poison Prevention Week as the time to inspect your entire home for any medicines or household products that may not be stored properly. Always store medicines and household products up high, away and out of sight from children.
- Install safety latches on cabinets used for medicines and household products.
- Re-close medicines and other household products if interrupted during use. Many incidents happen when adults are distracted when using these products
- Buy products in child-resistant packaging whenever possible.
- Read medicine and product labels before each use and follow directions exactly.
- Keep the toll-free Poison Help number, **1-800-222-1222**, near your phone, or program **1-800-222-1222** into your home and mobile phone.

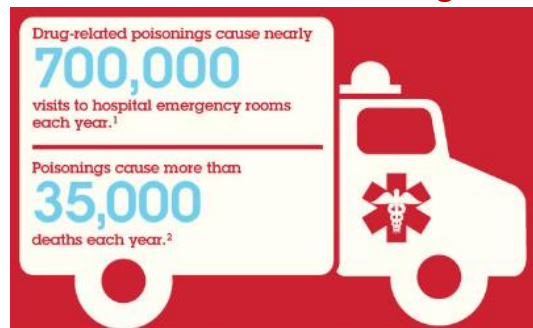
Household Product Safety

- Keep cleaning products in their original container with their original label intact.
- Always close all household cleaning product containers immediately after use and store them out of children's reach.
- NEVER use food containers such as cups or bottles to store household and chemical products.
- Remove children, pets, and toys before applying pesticides
- To protect children from exposure to mouse/rat/insect poison, use products with a tamper-resistant bait station.
- Regularly clean floors, window sills, and other surfaces to reduce possible exposure to lead and pesticide residues.
- Never combine household cleaning products because some chemical mixtures may release irritating gases.
- Turn on fans and open windows when using household cleaners and chemicals.
- Keep batteries out of a child's reach. Contact the poison center right away if a child swallows a battery no matter how small the battery. Properly dispose of old batteries after they have been removed from an appliance.

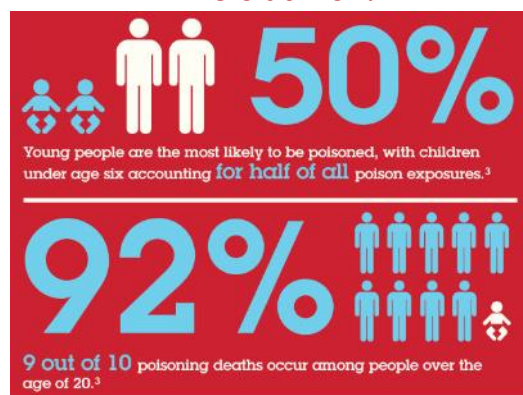
**For more information visit www.poisonprevention.org

March 20-26 is National Poison Prevention week. Poisoning is now the leading cause of death from injuries in the United States. It was noted that in 2008, the number of poisoning deaths exceeded the number of motor vehicle traffic deaths for the first time since at least 1980. A poison is any substance that can harm someone if it is used in the **wrong** way, by the **wrong** person or in the **wrong** amount.

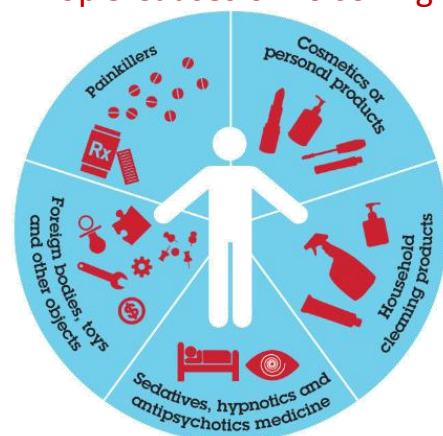
How Common is Poisoning?



Who's at Risk?



Top 5 Causes of Poisoning



MARCH
2016

safety Newsletter

Pedestrian Safety

Take a Step in the
Right Direction



Drivers need to recognize the special safety needs of pedestrians, especially those that are children. Young, elderly, disabled, and intoxicated pedestrians are the most frequent victims in auto-pedestrian collisions. Generally, pedestrians have the right-of-way at all intersections; however, regardless of the rules of the road or right-of-way, drivers are obligated to exercise great care and extreme caution to avoid striking pedestrians.

What can drivers do to safely share the road with pedestrians?

- **Look out for pedestrians.** Don't let yourself be distracted. You can encounter pedestrians anytime and anywhere. They can be very hard to see - especially in bad weather or at night.
- **Respect crosswalks.** When entering a crosswalk area, drive slowly and be prepared to stop. Don't block the crosswalk when stopped at a red light or waiting to make a turn. Stop for pedestrians who are in a crosswalk.
- **Always watch for children.** Children are the least predictable pedestrians and the most difficult to see. Take extra care to look out for children not only in school zones, but also in residential areas, playgrounds, and parks.
- **Be extra cautious in school zones.** Where a warning flasher or flashers are blinking, you must stop to yield the right-of-way to a pedestrian crossing the roadway within a marked crosswalk or at an intersection with no marked crosswalk. Always stop when directed to do so by a school crossing guard.



What can a pedestrian do to prevent pedestrian accidents?

- **Walk on the sidewalk.** Stay on the sidewalk when available and use crosswalks. Avoid walking in traffic where there are no sidewalks or crosswalks. If you have to walk on a road that does not have sidewalks, walk facing traffic.
- **Cross intersections at crosswalks whenever possible.** Look in all directions before entering the street. Be especially alert to a vehicle that may be turning right on a red signal. If there are marked crosswalks, use them but do not assume that you are completely safe in a marked crosswalk. Follow signal lights that tell you when to cross.
- **Be careful in parking lots.** Pedestrians are supposed to have the right-of-way in parking lots but many drivers don't wait for pedestrians. Parking lots can be more hazardous than streets. On streets the direction of traffic is usually known but in parking lots vehicles might be moving in all directions, including backwards.
- **Avoid dangerous moves.** Any movement a pedestrian makes that drivers are not expecting could be dangerous. Don't step into traffic from between parked cars since this is a sure way of surprising drivers.
- **Keep your view of traffic clear at all times.** A pedestrian needs to be able to see vehicles around him. Don't block your view with packages, umbrellas, or other objects.





Administration

MARCH
2016

Safety Newsletter



Mobile Device Safety

Today's mobile devices are as powerful and connected as any PC or laptop. Take the same precautions on your mobile device as you do on your computer with regard to messaging and online safety. The first step is **STOP. THINK. CONNECT.**

Keep a Clean Machine.

Mobile devices are computers with software that need to be kept up-to-date. Security protections are built in and updated on a regular basis. Take time to make sure all the mobile devices in your house have the latest protections. This may require synching your device with a computer.

- Keep security software current: Having the latest mobile security software, web browser, and operating system are the best defences against viruses, malware and other online threats.
- Protect all devices that connect to the Internet: Computers, smartphones, gaming systems and other web-enabled devices all need protection from viruses and malware.

Protect Your Personal Information.

Phones can contain tremendous amounts of personal information. Lost or stolen devices can be used to gather information about you and, potentially, others. Protect your phone like you would your computer.

- Secure your phone: Use a strong passcode to lock your phone.
- Think before you app: Review the privacy policy and understand what data the app can access on your device before you download.
- Only give your mobile number out to people you know and trust and never give anyone else's number out without their permission.
- Learn how to disable the geotagging feature on your phone



Connect With Care.

Use common sense when you connect. If you're online through an unsecured or unprotected network, be cautious about the sites you visit and the information you release.

- Get savvy about Wi-Fi hotspots: Limit the type of business you conduct and adjust the security settings on your device to limit who can access your phone.
- Protect your \$\$: When banking and shopping, check to be sure the site is security enabled. Look for web addresses with "https://" or "shttp://," which means the site takes extra measures to help secure your information. "Http://" is not secure.
- When in doubt, don't respond: Fraudulent texting, calling and voicemails are on the rise.

Be Web Wise.

Stay informed of the latest updates on your device. Know what to do if something goes wrong.

- Stay current. Keep pace with new ways to stay safe online: Check trusted websites for the latest information, and share with friends, family, and colleagues and encourage them to be web wise.
- Know how to cell block others: Using caller ID, you can block all incoming calls or block individual names and numbers.
- Use caution when meeting face-to-face with someone who you only "know" through text messaging: Even though texting is often the next step after online chatting, it does not mean that it is safer.

**For more information visit www.stopthinkconnect.org/tips-and-advice/safety-for-mobile-devices/



Administration

MARCH
2016

safety Newsletter



Facebook, Twitter, Google+, YouTube, Pinterest, LinkedIn and other social networks have become an integral part of online lives. Social networks are a great way to stay connected with others, but you should be wary about how much personal information you post.

Have your family follow these tips to safely enjoy social networking:

- **Privacy and security settings exist for a reason:**

Learn about and use the privacy and security settings on social networks. They are there to help you control who sees what you post and manage your online experience in a positive way.

- **Once posted, always posted:** Protect your reputation on social networks. What you post online stays online. Think twice before posting pictures you wouldn't want your parents or future employers to see. Recent research found that 70% of job recruiters rejected candidates based on information they found online.

- **Keep personal info personal:** Be cautious about how much personal information you provide on social networking sites. The more information you post, the easier it may be for a hacker or someone else to use that information to steal your identity, access your data, or commit other crimes such as stalking.

- **Know and manage your friends:** Social networks can be used for a variety of purposes. Some of the fun is creating a large pool of friends from many aspects of your life. That doesn't mean all friends are created equal. Use tools to manage the information you share with friends in different groups or even have multiple online pages. If you're trying to create a public persona as a blogger or expert, create an open profile or a "fan" page that encourages broad participation and limits personal information. Use your personal profile to keep your real friends (the ones you know trust) more synched up with your daily life.



- **Be honest if you're uncomfortable:** If a friend posts something about you that makes you uncomfortable or you think is inappropriate, let them know. Likewise, stay open-minded if a friend approaches you because something you've posted makes him or her uncomfortable. People have different tolerances for how much the world knows about them respect those differences.

- **Search yourself:** It is a good idea to search your name on Google and check out your profile as others see it on social networking sites. Understand where you show up and what information is available about you, and then adjust your profile, settings and habits appropriately. Don't worry, it's not vain if you only search your own name once a month or so. If you unexpectedly see your name in locations you don't frequent, it could give you a heads up someone else is using your identity online.

- **Know what action to take:** If someone is harassing or threatening you, remove them from your friends list, block them, and report them to the site administrator.

**For more Social Media Safety Tips visit www.networkworld.com/article/2346606/microsoft-subnet/12-tips-for-safe-social-networking.html or www.staysafeonline.org/stay-safe-online/protect-your-personal-information/social-networks

